## I Claim:

1. A handcuff replacement restraint for arms or legs comprising a body portion having an upper layer and a lower layer,

said body portion having a generally rectangular body with parallel upper and lower edges, and an outer edge normal to said upper and lower edges, but preferably having the inner body edge slightly oblique,

said body having a transversely disposed segment of webbing secured to said body at the termini of the band, and being formed into a central loop spaced from said body,

a plurality of bands each of which has an "A" and "B" segment,

said "A" segment being loop pile closure secured along the length of the body from the outer edge to the inner edge thereof, the loop surface disposed outwardly from said body,

the "B" segment extending from the inner edge of said body a distance equal to the body length,

said "B" segment having a loop pile upper surface, and a hook fabric closure lower surface.

whereby when the body portion is wrapped around a body limb, and the "B" segment of the band is overlaid on the "A" segment, the limb can be restrained by attachment of a chain, rope, belt or the like to the loop and to a fixed object to prevent movement of the wearer.

- 2. The device of claim 1, wherein there are two hook and pile closure bands attached to the body and extending outwardly therefrom.
- 3. The device of claim 1, wherein there are four hook and pile closure bands attached to the body, each spaced slightly from each other, and wherein each adjacent pair of bands is sewn together along the adjacent edge between the first pair and along the adjacent edge between the second pair, commencing at a point along the length of each respective band.
- 4. The device of claim 3, wherein the webbing segment is disposed beneath the bands and an upstanding loop is centrally disposed between the second and third bands.
- 5. The device of claim 1, wherein the body upper layer is canvas and the bottom layer is velour.
  - 6. The device of claim 1, wherein the webbing segment is nylon.
  - 7. The device of claim 4, wherein the webbing segment is nylon.
- 8. The device of claim 3, wherein the seamed junction of each of the two pairs of bands. The device of claim 1, wherein the webbing segment is about 1 inch wide and is disposed beneath the bands of closure, said webbing segment having a central loop of about 2 inches.

9. The device of claim 1, wherein the webbing segment is about 1 inch wide and is disposed beneath the bands of closure, said webbing segment having a central loop of about 2 inches. 10. A replaceable pad insert for use in a fabric-based restrainer, said insert comprising: a flexible film base having a tab side and an underside; and having a plurality of front Velcro® tabs on the underside thereof, and a pad adhesively attached to the top side of the film base. 11. The replaceable pad of claim 10, wherein the film base is rectangular, and there is a second Velcro® or equal tab on each corner of the underside of the film base. 12. The combination of handcuff replacement restraint of claim 1, further including a plurality of front Velcro® tabs on the underside of the body portion, and a replaceable pad insert mountable to the underside of said restraint, said pad insert having a flexible film base with a series of second Velcro® tabs on a first side thereof; and an adhesively attached pad attached to a second side of said film base; said first and second Velcro® tabs being removably connected to each other. 13. The combination of claim 12, wherein the pad is selected from woven and nonwoven fabric, and cotton batting. 14. The combination of claim 11, wherein the film base is rectangular having four second Velcro® tabs, one being in each corner. 15. The combination of claim 14, wherein the film base is selected from films of nylon, polyester, and waterproof paper. 16. The combination of claim 15, wherein the pad is removably adhesed to the film base.